

Lemon Chewies

These are packed with a wonderfully rich and tart lemon flavor. If you like lemon meringue pie, you'll really enjoy these.

Makes about 30

Ingredients:

2 C cashews, soaked in water for about 4 hours
Zest from 3-4 lemons
Juice from 4 lemons
1/2 ripe banana
1/4 C raw honey
1/3 C agave nectar
2 C dried shredded coconut (unsweetened and unpreserved)
1 t pure vanilla extract



Preparation:

Drain and rinse cashews. Place all ingredients in a food processor and blend until smooth. Spoon out (about 1 1/2 T each) onto mesh dehydrator sheets. I use an icing piping gun to make the shapes of little "stars" but you can use a simple spoon.

Dehydrate at 115 degrees for 8-10 hours or until the texture you desire is reached.

This recipe is from The Raw Table

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